



How Can I Experience True Freedom in Christ?

Intro Reading: *Christians can find it easy to get stuck in a “spiritual hamster wheel”, trying to manage behaviors in their own willpower, but is there a better way to experience freedom in Christ? How can the Holy Spirit help us move past “behavior management” to live in true spiritual health? Are there signs that indicate the Holy Spirit is active in my life?*

- **Watch Video #9 - Use the back side of this paper to take notes for reference**

Group discussion questions:

- *In the video, Pastor Scott shared a quote from John Wesley’s journal about experiencing assurance of salvation and being filled with the Spirit:*
 - **“In the evening I went very unwillingly to a society in Aldersgate Street (London), where we were reading Luther’s preface to the Epistle to the Romans. About a quarter before nine, while describing the change that God works in the heart through faith in Christ, I felt my heart strangely warmed. I felt I did trust in Christ, Christ alone, for salvation; and an assurance was given me that He had taken away my sins, even mine, and saved me from the law of sin and death. I then began to pray with all my might for those who had in a more special manner despitefully used me and persecuted me.”**
- *Hopefully, you can relate to that “heartwarming” experience! But the last sentence is stunning as we consider the Holy Spirit’s work in our lives. In 18th-century English, Wesley describes a heart-change towards those he deeply disliked! How would you describe this as evidence of the Holy Spirit?*
- *Could the statement “loving God and loving others” actually be the most accurate way to describe a life filled with the Holy Spirit (more than speaking in tongues, etc.)?*

Read Hebrews 4:12

- **Discussion:** *If our goal is to live in the power of God’s Spirit, and not be driven by our own soul and body, what tool does this verse encourage us to use?*

Read 2 Corinthians 4:4 and 1 Corinthians 2:14-16 - The Battle in our Mind

- **Discussion:** *Many of the battles we face take place in our thoughts and feelings. What insight do these verses give us in the battle for our minds? How is Christ our example in giving God control of our thoughts?*

Read Philippians 4:4-9 - Finding Peace in our Thoughts and Feelings

- **Discussion:** *Along with reading and meditating on Scripture, these verses give us a powerful formula for experiencing spiritual health and living in Shalom with God. In your group, make a list below of the habits Paul advises us to practice that brings peace to our mind and heart - **which of these is hardest for you?***

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*** If you have time, Read Philippians 1:6**

- **Discussion:** *How does this verse describe the process of spiritual growth? How would you describe God’s role and our role?*

EN-CORE

JOURNEY

SCRIPTURE • BELIEFS • PRACTICES

Spiritual Health in Practice

Mental health is an important topic that has received increasing attention in our society. What kinds of practices have you heard about for a healthy mind and emotions? This week we will look at the practices that Scripture encourages - do they align with society’s advice, or offer a different perspective?

Close with Prayer for One Another

Pray for those you know who need to find peace in their mind and emotions! How could you share the verses from this lesson? Pray for each other to know God’s peace in your mind and heart!